

## ***3 Steps for Effective Emotions from 1 Peter***

### **1. Apply the Right Truth to Your Turmoil**

1 Peter 1:13–16 “Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. [14] As obedient children, do not be conformed to the passions of your former ignorance, [15] but as he who called you is holy, you also be holy in all your conduct, [16] since it is written, ‘You shall be holy, for I am holy.’” (ESV)

### **2. Pray & Love More**

1 Peter 4:7–8 “The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers. [8] Above all, keep loving one another earnestly, since love covers a multitude of sins. (ESV)

### **3. Look At the Bigger Picture**

1 Peter 5:6–11 “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, [7] casting all your anxieties on him, because he cares for you. [8] Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. [9] Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. [10] And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. [11] To him be the dominion forever and ever. Amen.”

**2020 Bible Reading Plan: The New Testament!!!**

*Will you join us? IN FELLOWSHIP WITH SOMEONE?*

**Week #33: 1 Timothy 1-5**

## ***Effective Emotions***

Jeremiah 17:9 (ESV)

“The heart is deceitful above all things, and desperately sick; who can understand it?”

Lessons from Jeremiah

*Where we've been...*

- A Conspiracy Against God - Jeremiah 11:1-11
- A Conspiracy Against Jeremiah - Jeremiah 11:18-23
- Will You Get Bitter or Better? Jeremiah 12
- Schoolhouse of Suffering - Easy or Hard Way - Jer.13-15

### **Emotions Can Be...**

- 1. Defective**
- 2. D\_\_\_\_\_.**
- 3. Deceitful**
- 4. D\_\_\_\_\_.**

### **Emotions Can Be...**

- 1. E\_\_\_\_\_.**
- 2. Helpful**
- 3. A\_\_\_\_\_.**
- 4. Gift**

## Consider Your Emotions

(circle your top 3 areas of struggle)

Indifference OR Interest

Disgust OR Desire

Panic OR Surprise

Fear OR Hope

Anger OR Gratitude

Sorrow OR Joy

Frustration OR Patience

Envy/Jealousy OR Contentment

Pride OR Humility

Greed OR Generosity

Judgment OR Sympathy

Hate OR Love

## Before You Act On Your Emotions...

### 6 Questions to Consider

- 1. Why Do I Feel this Way?**
- 2. What Does the \_\_\_\_\_ Say?**
- 3. Who/What Is My Emotion Towards?**
- 4. When Is the R\_\_\_\_\_ T\_\_\_\_\_ to Act?**
- 5. How Does Godly Counsel Advise Me to Act?**
- 6. Does My Action I\_\_\_\_\_ God - WWJD?**

# ***Effective Emotions***

Jeremiah 17:9 (ESV)

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Lessons from Jeremiah

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## **Emotions Can Be...**

- 1. Defective**
- 2. Dangerous**
- 3. Deceitful**
- 4. Difficult**

## **Emotions Can Be...**

- 1. Effective**
- 2. Helpful**
- 3. Accurate**
- 4. Gift**

# **Consider Your Emotions**

(circle your top 3 areas of struggle)

Indifference OR Interest

Disgust OR Desire

Panic OR Surprise

Fear OR Hope

Anger OR Gratitude

Sorrow OR Joy

Frustration OR Patience

Envy/Jalousy OR Contentment

Pride OR Humility

Greed OR Generosity

Judgment OR Sympathy

Hate OR Love

## Before You Act On Your Emotions...

### 6 Questions to Consider

- 1. Why Do I Feel this Way?**
- 2. What Does the Bible Say?**
- 3. Who/What Is My Emotion Towards?**
- 4. When Is the Right Time to Act?**
- 5. How Does Godly Counsel Advise Me to Act?**
- 6. Does My Action Imitate God - WWJD?**

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